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Beijing Pg 9

Whitfield helps Canada rack up silvers

Calgarians swelter in record heat

33.7 C Calgary hit a record temperature yesterday, reaching 33.7 C, according temperature readings by Environment Canada late yesterday afternoon. The previous high was set in 1919 at 33.3 C.

With the high temps, Calgary EMS is warning Calgarians to take proper precautions to reduce the risk of heat related illness and injury. Applying sunscreen of 30 SPF or greater, keeping hydrated and avoiding midday sun are some of the top tips provided by city emergency medical services.

Children and the elderly are more susceptible to heat exhaustion and dehydration. METRO CALGARY

Health page 11

Transit sheds the pounds?

Your Money page 8

Find help for starting a biz

Celebrity page 14

Roseanne bashes Angie

ROBIN KUNISKI/FOR METRO CALGARY

Investigators began piecing together what could be the city's latest homicide — a daytime ambush on 11 Street and 13 Avenue SW yesterday shortly before noon. It's the second time in the past month a person has been murdered in broad daylight in the area.

Another daylight shooting in Beltline

Victim gunned down in area called 'a crack haven'

NEIL MACKINNON
neil.mackinnon@metronews.ca

A schoolyard fence sat sagging under the weight of a four door black Pontiac Grand Am and a yellow tarp stretched out across its front seat, covering what may be Calgary's 23rd murder victim of the year.

Around 11:30 a.m. yesterday, at least two shots rang out, echoing down an alleyway feeding 11 Street SW between 12 and 13 avenues and as the car sped away, it crashed into the fence where a man was pronounced dead by EMS.

Jeff Popson, 26, a residence manager just down the block, said he's been in constant contact with police about illicit activity in the area; his girlfriend won't leave the house without at least a utility knife, and he believes it was just a matter of time until someone lost their life.

"This neighbourhood is a crack haven and the problems around here have been constantly escalating over the past few years," said Popson, noting a steady flow of drug dealers and abusers in the area and a definite gang presence.

> **"Problems around here have been constantly escalating over the past few years."**
> Resident Jeff Popson

"There's always something strange going on around here," said Barry Ross, who along with a dozen other Connaught residents reported hearing two gun shots pop off around 12:30 a.m. as well.

Insp. Guy Slater said police are searching for a man who was seen running down the alley towards 14 St. SW shortly after the shots were fired.

He said the fact that it's the second broad daylight shooting in the Beltline in under a month is a disturbing trend police want to see come to an end.

"Whenever shots are fired, discriminately or indiscriminately, it gives us great cause for concern."

City seeks private help for housing

ALICIA FOX
for Metro Calgary

BRIDGES Private support is being sought for a very public housing problem.

The City of Calgary is searching for the right builder who will put forth a successful proposal to build at least 45 affordable housing units in their property in the northeast community of Bridgeland.

The Bridges is now in Phase 2 of development, and James Robertson, manager of land servicing and housing for the City of Calgary, said they hope to begin construction in about a year's time after a builder is chosen.

"By increasing the affordable housing stock, we're better able to meet the needs of the citizens of Calgary," he said.

The community, located next to an LRT station, the Bow River pathway system, shopping and social support services, has already seen 16 affordable housing units constructed in Phase 1. There will be a total of 193 units built on the site and be managed by Calgary Housing Company.

In 2007, the waiting list for affordable housing averaged 2,200 applicants.

The city is open to proposals from private, well-established builders "with a strong record of substantial and quality products" until 2 p.m. on Sept. 24.

ShareYourViews
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Revenue Agency issues warning
The Canada Revenue Agency is warning Calgarians to beware of a recent scam where Canadians are receiving fraudulent letters asking for personal information. For more information visit www.cra.gc.ca/alert. METRO CALGARY

Local

Synchro competition

The Talisman Centre is hosting the Union Americana de Natacion 2nd ASUA Synchronized Swimming Championship, Aug. 27-31. Teams from all over the world will be competing. For more information visit www.talismancentre.com.

METRO CALGARY

Cops issue break and enter alert

WARNING City cops laid charges in one of two downtown apartment break-ins over the weekend, warning residents to watch their windows at night.

District 1 acting Insp. Nina Vaughan said residents who tend to keep their windows open and should be wary of doing so.

"They should keep ladders away from windows and get to know their neighbours," she added. METRO CALGARY

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What's online today.

Read Allan Small's Investment Perspective for a look at opportunities to profit from the downtrodden financial markets
Watch tips on how to beat the sizzling summer heat and reports on the resignation of Kandahar's controversial governor and on Canada's continued success at the Beijing Olympics
Play online Sudoku!

Fires for curiosity's sake

Dangerous experimentation natural, psychologist says

NEIL MACKINNON
neil.mackinnon@metronews.ca

It might be an opportunistic pursuit of excitement, but you could get burned in the process.

Experimenting children are believed to have started a fire the tore through two homes on the 100-block of Citadel Estates Heights Sunday night, the second blaze started by curious youth in less than a month.

Calgary psychologist Dr. Jon Amundson said playing with fire is part of growing up, most who do try it are simply emulating the everyday behaviour of adults.

The difference is, Admunson said, many children can't conceive the consequences of their actions until it's too late.

Admunson said a vast majority of instances where children tinker with fire breakdown to curious mischief or a rebellious streak while more serious occurrences involving malicious intent are very rare.

"It can be normal behaviour that just turned out very badly," Admunson said. "Proper supervision and educating your children about fire, in most instances, will prevent things from going horribly wrong."

Calgary Fire Department's Jeff Budai said curiosity doesn't make a child a criminal and education does work, citing a local youth fire-starter program that has taught 400 youth in the past two years with only two repeat offenders.

No damage estimate for the Citadel fire has been disclosed.

BY ROBIN KUNISKI/FOR METRO CALGARY

Residents in the Citadel neighbourhood survey the damage left behind after fire ripped through two homes Sunday night, damaging a third. Kids playing with fire in the garage of one of the homes is suspected as the cause.

Bitternose appears in Banff court

KRISTA SYLVESTER
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ASSAULT The suspect in the kidnapping and sexual assault of two women in Banff appeared in Banff provincial court yesterday.

Cory Bitternose, 38, remains in custody after the appearance and a bail hearing has been set for September. Bitternose faces 11 charges after he allegedly picked up two women near Banff looking for a ride last month, kidnapped them, and sexually assaulted one woman twice.

Since the ordeal, the suspect has already hired and fired a lawyer, and now has retained legal council from Calgary defense attorney Rebecca Snukal.

Bitternose already has an extensive criminal record with various assault and sexual assault offences.

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Secret Broadcast heading to Toronto
The local band is performing on the Oh Henry! stage at the Virgin Festival Sept. 6 and 7 after winning a national contest. **METRO NEWS SERVICES**

NEIL MACKINNON/FOR METRO CALGARY

Mavis Sew knits in the midday heat at Tomkins Park Sunday, adding another item to her GreenFest booth.

Greenfest looking to grow

NEIL MACKINNON
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A saxophone wails and passersby slow their stroll to take a look. While it isn't much yet, they're hoping GreenFest's roots are spreading out.

A joint year-long pilot project helmed by Calgary's Downtown Association and Uptown 17 Avenue Business Revitalization Zone and funded by the city, GreenFest's aim is to bring a farmer's market feel to urban areas, focusing on sustainable business.

There were just three booths at Tomkins Park on 17th Avenue Sunday, but there was a palpable sense that something bigger may be on the horizon.

"There's a lot of entrepreneurs in Calgary and a lot of them just don't have any venue," said Bryce Weeks, the co-owner of indie-casual clothing company Boner.

"I'd really like to see this take off, but we're doing extremely well with it so far, so I'm not about to complain."

"I'd really like to see this take off."
Bryce Weeks

For Mavis Sew, whose Knittles business turns old sweaters and organic yarns into items like skullcaps, it provides easy, cheap access to her target demographic.

"It has been pretty good so far for just getting our name out there," she said.

GreenFest runs every Sunday at Tomkins Park and every Thursday on Stephen Avenue.

Downtown rings recess bell

ALICIA FOX
for Metro Calgary

It's recess time. The Calgary Downtown Association is ringing the recess bell at 10 a.m. tomorrow and is giving downtown employees a well-deserved break from the office.

Free activities, held on Stephen Avenue and Olympic Plaza, include Calgary's Largest Coffee Break, story time at the public library and an office chair relay race.

"I think it's always fun to take a break and give your brain a little refresher," said Caralyn Macdonald, who encourages creative excuses to get out of the office.

And bring the boss down, too.

There's also a chance to win the Ultimate Day Off.

For a complete list of activities running until Friday, visit *www.downtowncalgary.com/recess.*

Some Calgary students already back in class

SCHOOL The Calgary Board of Education's modified calendar schools resumed classes yesterday around the city. Thousands of students enrolled in the modified schools have short summer holidays, but vacations placed throughout the year to provide for more evenly spaced instruction and holidays. Both versions have the same amount of instruction time. The traditional school year will begin later on Sept. 2.

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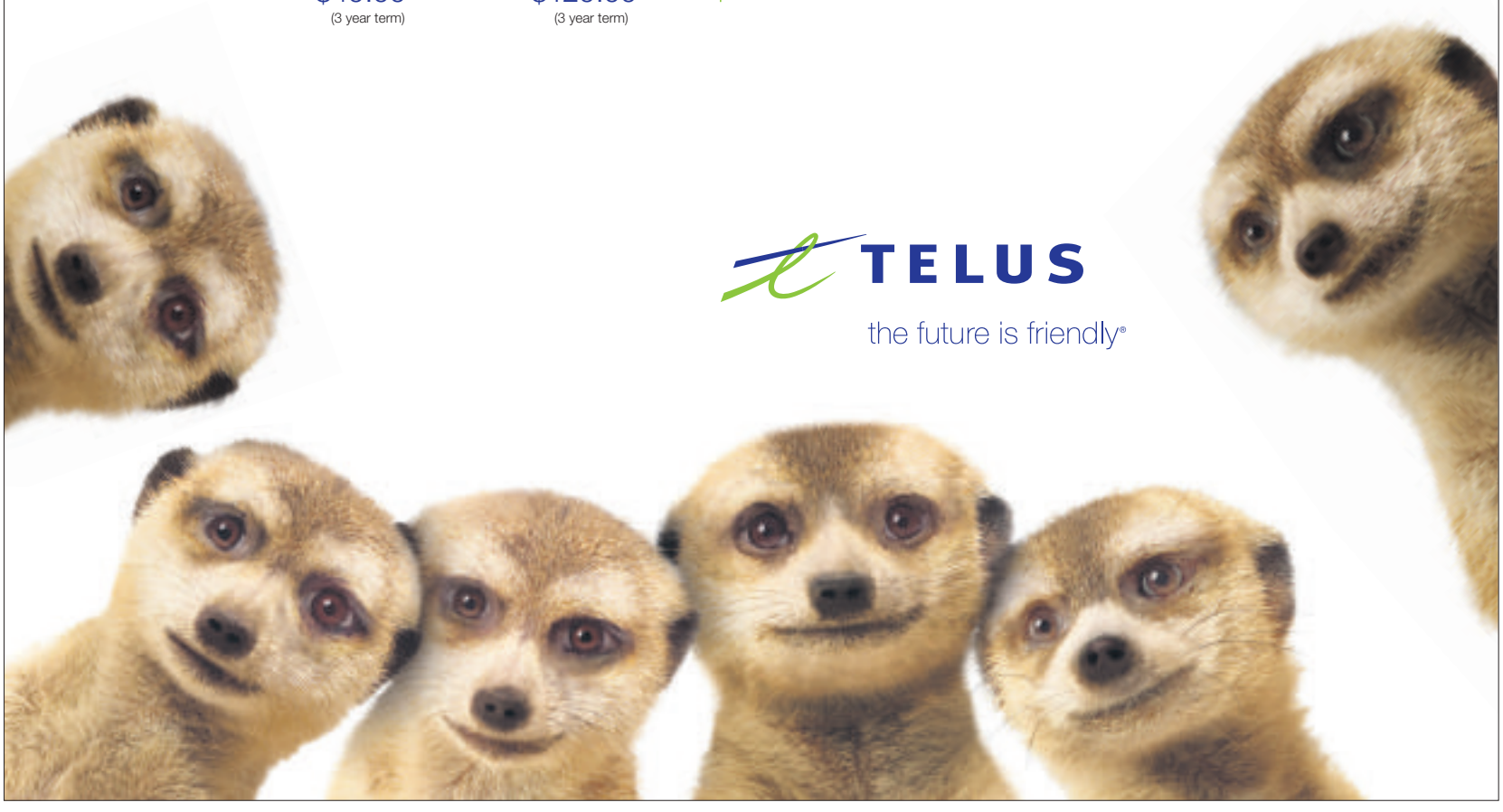

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Poachers foiled by lobsters with microchips

Three men from Burnt Islands, N.L., were convicted of fishing violations after a high-tech investigation, CBC News Online reports. Department of Fisheries and Oceans officers tracked the men after finding unmarked lobster traps and placing live lobsters implanted with microchips in each of the traps. **METRO NEWS SERVICES**

Canada

Buyer's market for yachts

As Americans cut back spending on life's necessities, Europeans and Canadians are taking up the slack by buying some of life's luxuries, including yachts. Yacht sales, especially previously owned vessels that sell for more than $300,000, are selling quite strongly, several boat brokerages say. REUTERS

Olympic bypass costly: Chretien

Former PM blasts Harper for skipping Beijing

In bypassing the Beijing Olympics, Prime Minister Stephen Harper has undermined the work that every Canadian leader since John Diefenbaker has poured into improving relations with China, Jean Chrétien said yesterday.

The former prime minister said he would not have hesitated for "a second" to attend the Games, and called Harper's decision to skip the opening ceremonies a mistake with potentially costly consequences for Canadian trade.

"It is the second-biggest economy in the world and, in 50 years, it will be the biggest," Chrétien told reporters after a speech to the Canadian Bar Association.

"Starting with Diefenbaker, Trudeau and all of us, we established very good relations, relatively speaking, with China. And suddenly you break the bridge."

Harper's office noted in response that Chrétien had missed several Olympics while he was prime minister from 1993 to 2003.

"Prime Minister Chrétien ... skipped the '94, '98, 2000 and 2002 opening ceremonies. ... Should we conclude that relations with those countries were damaged?" said Dimitri Soudas, Harper's assistant press secretary. **TORSTAR NEWS SERVICE**

political potshots

- Yesterday's remarks were not the first Chrétien has aimed at Harper. At the 2006 Liberal leadership convention, when he openly mocked Harper, saying "I was in China and Hong Kong ... I think Harper is even less popular (there) than in Canada."

CNE **Olympic spirit**

TORONTO STAR/AARON VINCENT ELKAIM

Mathieu Turgeon, a two-time Olympian and winner of a bronze for trampoline at the Sydney Olympics in 2000, leaps through the air at the CNE in Toronto yesterday — the same day his wife Karen Cockburn won a silver metal for trampoline in Beijing.

News in brief

POLITICS Stephen Harper kicked off a quick swing through southern Ontario with a speech that served as a rallying cry to party faithful. With four byelections looming and the strong whiff of a federal fall election in the air, Harper mocked Liberal Leader Stéphane Dion last night as a weak leader.

HEALTH Federal Health Minister Tony Clement contends safe injection sites may well violate the standards of medical ethics, a position that earned him a crisp and swift rebuke from the country's largest doctors' group.

SCIENCE Patients infected with West Nile virus can develop long-term symptoms such as fatigue, fuzzy thinking and movement difficulties, but researchers at McMaster University in Ontario said yesterday that these symptoms go away after about a year.

METRO NEWS SERVICES

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metro Do it daily.

BlackBerry Bold out Thursday in Canada
The BlackBerry Bold, RIM's latest smart phone offering aimed at the company's customer base of business users, will hit Rogers stores on Thursday. No pricing has been announced yet, but RIM co-CEO Jim Balsillie said in May it will cost between $300 and $400. REUTERS

World/Business

U.S. backs Pakistan amid change

Praise for democratic efforts as embattled President Musharraf resigns

The United States praised Pakistani President Pervez Musharraf as a committed partner against terrorism and pledged after his resignation yesterday to keep a good relationship with the new government and fight extremism together.

The White House said President George W. Bush looked forward to working with Pakistan on the economic, political and security challenges it faces.

"President Bush appreciates President Musharraf's efforts in the democratic transition of Pakistan as well as his commitment to fighting al-Qaida and extremist groups," a spokesman said.

Musharraf resigned to avoid impeachment charges nearly nine years after taking office in a coup.

Pakistani Prime Minister Yousaf Raza Gilani said last month his government was committed to securing the border with Afghanistan, where al-Qaida and the Taliban pose threats.

U.S. officials have voiced frustration with Pakistan's efforts as the Taliban and al-Qaida regrouped in its remote tribal areas.

Secretary of State Condoleezza Rice praised Musharraf for making the "critical choice" to join the war on terrorism. REUTERS

"President Bush appreciates President Musharraf's efforts in the democratic transition of Pakistan."
White House rep

News in brief

KEY WEST Islanders in Key West, Fla. are nonchalant about Tropical Storm Fay. While tourists have been evacuated, residents say they're prepared for anything.

AFGHANISTAN On Afghanistan's Independence Day yesterday, a Taliban suicide bomber drove his explosives-packed car into a the gate of a main U.S. military base in the southeastern Afghan city of Khost, killing 10 civilians and wounding 13. REUTERS

Russians say pullout underway

KURSK/GORI Russia said it had begun a military pullback from Georgia yestserday and President Dmitry Medvedev promised a "crushing response" to any future attack on Russian citizens.

The United States and France urged a speedy Russian withdrawal, the latest in a series of appeals, which have had no visible impact as Moscow has declined to set a pullout timetable.

A U.S. official said there were no signs yet that Russians had begun to leave. Georgia said they were broadening their presence.

A Russian military official said that Russian troops had begun their pullout from the conflict zone, though there was no independent verification of this. However, he did note: "We will not be leaving as fast as we came."

Medvedev said: "If anyone tries this again, we will come out with a crushing response." REUTERS

EDUARD KORNIYENKO/REUTERS

A boy in Stavropol looks at photographs of damaged buildings in Tskhinvali, the main city of South Ossetia yesterday.

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Business

Visa, banks launch credit fraud alerts

NEW YORK Visa Inc. and eight U.S. and Canadian lenders have launched a pilot program designed to alert cardholders in real time that they might be victims of fraud.

Visa, the world's largest card network, said the test will provide as many as 2,000 cardholders with alerts via e-mail or through their mobile devices within seconds of their cards being used, rather than within hours or days.

Participants may choose to be alerted to card uses ATM withdrawals, international transactions, Internet or phone transactions, and transactions above specified amounts.

Canadian lenders taking part in the pilot program are Royal Bank of Canada, Toronto-Dominion Bank and Vancity, Canada's largest credit union. REUTERS

Business in brief

NEW YORK Fannie Mae and Freddie Mac fell over 20 per cent yesterday after Barron's reported the U.S. Treasury may have to recapitalize the home finance giants — essentially wiping out shareholders and nationalizing the two government-sponsored enterprises.

OIL Oil fell to $113 U.S. a barrel as fears eased that Tropical Storm Fay would damage oil and gas infrastructure in the Gulf of Mexico. While some offshore personnel had to be evacuated, it appears the storm will miss production and refinery facilities. REUTERS

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Reader wonders: Why buy?

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q Since university, I have rented an apartment for the past seven years. This has given me an opportunity to save and invest without the obligations of a mortgage and enlarging profit margins for banks. Home ownership is another mechanism used by the large financial institutions to own people. Why do so many people take such extreme measures to own a home? Gerry

A The banking industry have their own advocates and I may not be their first choice. Although banks can reap absurd profits, it comes with risk. Investors continue to be hesitant to invest in the financial sector until the U.S. debacle can be measured.

Although homeownership has financial paybacks for the owner, the emotional satisfaction is greatest. Individuals take pride in their home, from the dirt in their fingernails from growing plants to weekly visits to their chiropractor after building a new deck. For many, buying a home is a form of forced saving and the only asset for their retirement. A house continues to be the most valuable asset owned by an individual.

Dreams are part of life, without them, sleep would be eight hours of nothingness.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

Choose your guide wisely

SmartCookies

Thinking about starting your own business? Looking to make more money in your current position? Or thinking of moving into a new position altogether? If you answered yes to any of these questions, then what you need is a mentor.

Mentors have 'been there, done that' and can provide honest and thoughtful feedback. They can also answer your questions from a place of experience and insight. Each Smart Cookie has a mentor of her own and our business has assembled a Board of Advisers to help us with anything and everything needed to succeed.

So before you quit your day job to start a dog grooming empire, you might want to search out a profitable company doing just that and spend a few days seeing if you: A) actually like washing dogs and B) have the resources and energy needed to launch your own initiative.

Mentors have 'been there, done that' and can provide honest and thoughtful feedback.

Here are some of our favourite tips on how to find a mentor:

Source out mentorship programs in your local area. A lot of these organizations are national programs with local chapters. Some require an annual fee to join. For that fee, you are connected with a mentor and also have the opportunity to attend monthly meetings. Often times there are events and educational seminars throughout the year where you can learn more about topics like negotiation, starting a small business, financing a business and much more. The FEW, or Forum For Women Entrepreneurs, is a Smart Cookie favourite and we have been lucky to gain one of our own mentors here. To learn more check out fwe.ca.

Use your network wisely. We all have a network of friends and family. And often these people are eager to offer up their support and even their own connections. Why not take full advantage of the fact that these individuals want to lend a hand? If it is you who is approaching contacts for help, be sure to be clear about your expectations, and be open and willing to learn from these people. And most importantly, if you need something, ask. What's the worst that can happen?

Blogs, blogs and more blogs. Mentoring doesn't have to take place face-to-face or even over the phone. The advice that you need can sometimes come in the form of online experts. Blogs, such as Loaded Bow (loadedbow.wordpress.com), seek out the experience and accomplishments of entrepreneurs in hopes that it may benefit others.

We like Google Reader because we can get our favourite blog updates fed directly to our e-mail accounts. Visit commoncraft.com/rss_plain_english for more information.

Questions? E-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

InvestmentPerspective

Read Allan Small's column online at metronews.ca

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Study
Only 10 of the 10,500 athletes competing in the Beijing Olympics are openly gay, according to a study by Outsports.com. REUTERS

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Sterling silver finishes

Whitfield wins 2nd Olympic medal, Cockburn nabs 3rd

Add three more silvers to Canada's medal haul.

Victoria's Simon Whitfield won his second Olympic medal early this morning with a silver in the men's triathlon.

Whitfield, a gold medallist in Sydney in 2000, broke free from the pack and held the lead down the stretch, but was passed with 100 metres to go by Germany's Jan Frodeno.

Yesterday in Beijing, Toronto's Karen Cockburn bounced back from a painful right knee injury to win silver in the trampoline competition.

Soon after, 61-year-old Ian Millar of Perth, Ont., and his teammates — Eric Lamaze of Schomberg, Ont., Jill Henselwood of Oxford Mills, Ont., and Mac Cone of King City, Ont. — also brought home a silver finish, this time in in equestrian team show jumping.

The medal is Millar's first in nine trips to the Games.

Asked how it feels to get a medal after nearly four decades of trying, Millar replied, "If you persevere long enough, if you do the right things long enough the right things will happen. That's the definition of perserverance and I've always been a perserverere."

Cockburn, who said she was in such pain on Sunday that she took a complete 24-hour rest and a handful of medication, now has three Olympic medals after bronze in Sydney and silver in Athens.

"It's so hard to believe," Cockburn said. "I just started this sport for fun. It wasn't even an Olympic sport. Then it got into the Olympics. I went to three Games. I have a third medal.

"I do this sport for fun and this is just bonus and it's amazing and I'm just trying to soak it in."

METRO NEWS SERVICES

OnlineVideos metronews.ca

DESMOND BOYLAN/REUTERS

Victoria's Simon Whitfield fell back to fourth with just less than two kilometres to go in the men's triathlon early this morning in Beijing, but dug deep to battle back to win the silver medal.

Medal count

Rank	Nation				Total
#1	U.S.	22	24	26	72
#2	China	39	14	14	67
#3	Russia	8	13	15	36
#4	Australia	11	10	12	33
#5	France	4	11	13	28
#6	Britain	12	7	8	27
#7	Germany	9	7	7	23
#8	South Korea	8	9	6	23
#9	Japan	8	5	7	20
#10	Italy	6	6	6	18
#11	Ukraine	5	3	8	16
#12	Netherlands	3	5	4	12
#15	Canada	2	3	4	9

(Count at the end of Day 10)

Sports in brief

BASEBALL Canada's men's baseball team saw its medal hopes all-but-disappear with a 1-0 loss to Japan in Olympic baseball yesterday in Beijing. Atsunori Inaba's fifth-inning solo home run powered Japan to victory and back into the medal chase improving their record to 3-2 while Canada — which suffered its fourth consecutive one-run defeat — fell to the bottom of the heap with just one win.

METRO NEWS SERVICES

SOFTBALL Canada's women's softball team has advanced to the final four in the Olympic tournament in Beijing, keeping their medal hopes alive. Despite losing their last four games the Canadian squad moves on after Venezuela was beaten by Australia. Canada (3-4) now faces Australia (5-2) tomorrow in the semifinals. The other semi has the United States (7-0) playing Japan (6-1). The gold medal game is set for Thursday. METRO NEWS SERVICES

DIVING Montreal's Alexandre Despatie has advanced to the final in men's 3-metre springboard diving. Despatie had a strong performance in the semifinal, finishing second behind He Chong of China. He will compete tomorrow hoping to add a gold to the silver he won in the same event in Athens four years ago. Despatie was consistent in all six of his dives, recording an overall score of 518.75.

METRO NEWS SERVICES

Perseverance pays off for elite athletes

YorkReport

Marty York

marty.york@metronews.ca

Adam van Koeverden is a kayaking king, a heavy favourite for Olympic gold this week.

And, yet, it wasn't all that long ago when this same young man from Oakville, Ont., suffered from an inferiority complex.

"I used to feel weird in gym class (less than 10 years ago) because I wasn't good at any team sports," van Koeverden mentioned before he flew to Beijing, where he qualified yesterday for the men's 1,000-metre final with a dominating opening-heat performance he led from start to finish. "I felt inferior. I couldn't really dribble a basketball or kick a soccer ball."

What's remarkable is how common this is. Many athletes in Beijing flopped in other sports before turning to theirs.

Would you believe 23-year-old swimming sensation Michael Phelps — yes, the same American dude with the unprecedented eight gold medals — was cut by a kid's baseball team?

Oh, and the world's fastest man, Usain Bolt? He's a record-setting sprinter, of course, but couldn't crack a Jamaican soccer team during his pre-teens.

"It's amazing how often you see athletes succeed in individual sports after they've experienced setbacks in team sports," said Bob Bowman, who has coached Phelps since the swimmer was 11. "Team sports are emphasized more when we grow up, by our parents and our schools. Kids often get depressed when they don't make it in team sports, but that's also when they often check out individual sports, exactly what happened with Michael."

Bowman spotted Phelps as a pool prodigy in Baltimore. It was Bowman, a college swimmer-turned-coach with a degree in child psychology, who convinced Phelps' parents he had the talent to develop into an Olympic star.

"He lacked confidence at first," Bowman said. "And he was battling a disease (attention deficit hyperactivity disorder). But he overcame all that as he realized his strengths."

The Olympics are laden with stories about athletes succeeding after overcoming adversity.

Rower Dominic Seiterle, part of the Canadian men's eight team that won gold in Beijing, couldn't even compete at the 2004 Olympics in Athens because of a serious blood infection that almost took his life. He also overcame thyroid cancer.

Remarkable comeback stories go on and on. They're as fascinating as the Olympic competitions themselves. And they teach us nifty lessons about perseverance.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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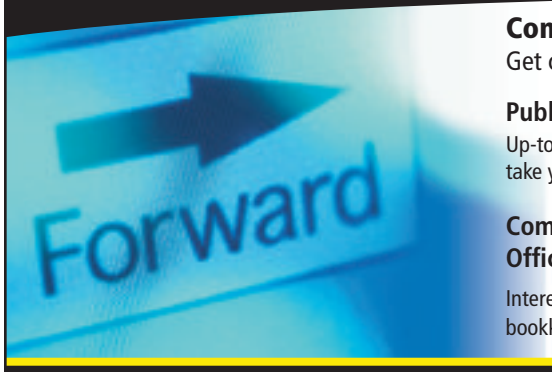

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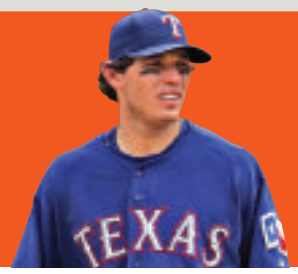
Dodgers on verge of acquiring Maddux, report claims

The Los Angeles Times reported last night that the Dodgers had agreed to the terms of a deal with the Padres for veteran right-hander Greg Maddux. Citing an anonymous person close to the deal, the newspaper did not know who San Diego would receive in return. METRO NEWS SERVICES

Sports



Rangers' Kinsler goes on DL

Texas Rangers second baseman and American League MVP candidate Ian Kinsler, left, was placed on the 15-day disabled list yesterday with a sports hernia. Coming intoyesterday's action, Kinsler, 26, led the majors in hits (165) and runs (102) while posting a superb .319 average with 41 doubles, 71 RBI and 26 steals, all of which have already surpassed his previous career-highs. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	76	48	.613	—
Boston	72	53	.576	4½
N.Y. Yankees	66	58	.532	10
Toronto	64	60	.516	12
Baltimore	60	64	.484	16

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	71	53	.573	—
Minnesota	70	54	.565	1
Detroit	61	64	.488	10½
Cleveland	56	67	.455	14½
Kansas City	55	69	.444	16

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	76	47	.618	—
Texas	62	64	.492	15½
Oakland	57	67	.460	19½
Seattle	46	78	.371	30½

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	68	57	.544	—
Philadelphia	66	58	.532	1½
Florida	64	61	.512	4
Atlanta	56	69	.448	12
Washington	44	81	.352	24

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	76	48	.613	—
Milwaukee	72	54	.571	5
St. Louis	70	57	.551	7½
Houston	63	62	.504	13½
Pittsburgh	56	69	.448	20½
Cincinnati	55	70	.440	21½

WEST DIVISION

	W	L	PCT	GB
Arizona	64	60	.516	—
L.A. Dodgers	64	60	.516	—
Colorado	57	69	.452	8
San Francisco	53	71	.427	11
San Diego	48	76	.387	16

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Boston 6 Baltimore 3
Chicago White Sox 13 Seattle 5
Detroit 8 Texas 7
Oakland 3 Minnesota 2
Tampa Bay 6 L.A. Angels 4

NATIONAL LEAGUE

Milwaukee 9 Houston 3
Pittsburgh 5 N.Y. Mets 2
San Francisco 5 Atlanta 0

TONIGHT'S GAMES

AMERICAN LEAGUE

Boston at Baltimore, 5:05
Kansas City at Cleveland, 5:05
N.Y. Yankees at Toronto, 5:07
L.A. Angels at Tampa Bay, 5:10
Detroit at Texas, 6:05
Oakland at Minnesota, 6:10
Seattle at Chicago White Sox, 6:11

NATIONAL LEAGUE

Washington at Philadelphia, 5:05
Atlanta at N.Y. Mets, 5:10
Houston at Milwaukee, 6:05
Cincinnati at Chicago Cubs, 6:05
Pittsburgh at St. Louis, 6:15
San Diego at Arizona, 7:40
Colorado at L.A. Dodgers, 8:10
Florida at San Francisco, 8:15

CFL

WEST DIVISION

	W	L	T	PTS
Saskatchewan	6	1	0	12
Edmonton	4	3	0	8
CALGARY	**4**	**3**	**0**	**8**
B.C.	4	3	0	8

EAST DIVISION

	W	L	T	PTS
Montreal	5	3	0	10
Toronto	3	5	0	6
Hamilton	2	6	0	4
Winnipeg	2	6	0	4

WEEK 9

THURSDAY'S GAME

Saskatchewan at Edmonton, 7

FRIDAY'S GAME

CALGARY at B.C., 8:30

BASEBALL

GOLDEN BASEBALL LEAGUE GAMES FEATURING THE CALGARY VIPERS:

LAST NIGHT'S RESULT

Orange County at **CALGARY**

TONIGHT'S GAME

Orange County at **CALGARY**, 7:05

Coach blames Bertuzzi

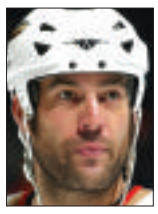
Crawford denies having any role in attack on Moore

Former Vancouver coach Marc Crawford claims that Todd Bertuzzi acted in "direct disobedience" to instructions from the Canucks bench during the March 8, 2004 NHL game in which he attacked Colorado forward Steve Moore, breaking his neck and ending his career, according to court documents obtained by Torstar News Service.

Crawford, in documents filed with the Ontario Superior Court of Justice, pleads that the Vancouver coaching staff was trying to get Bertuzzi off the ice before his infamous sucker punch on Moore.

"Just prior to the attack on Moore, Bertuzzi had been on a shift to kill a penalty, had missed the shift change and had remained on the ice for longer than the rest of his line," states Crawford's third-party defence.

"After being directed to get off the ice, Bertuzzi was on his way back to the bench when, suddenly and without warning, he turned around and skated back in the direction of Moore … and attacked Moore. This was not done under any specific or general direction or encouragement from Crawford, was a direct disobedience of the instruction that Bertuzzi had been given from the bench to get off the ice, and was a violation of Bertuzzi's duties which Crawford could not be expected to have reasonably anticipated, let alone control."



Bertuzzi

Crawford filed his defence last month in response to a third-party claim by Bertuzzi that the coach should pay any damages that are awarded to Moore. Moore and his family previously filed a lawsuit seeking $38 million for loss of income and damages. Named as defendants were Bertuzzi, the Canucks and the company, Orca Bay, that owns the NHL franchise.

Bertuzzi, in his subsequent claim, stated that his behaviour that night was prompted by Crawford's "negligence" and the coach's message to his team that Moore had to "pay the price" for an incident in a previous game in which Vancouver forward Markus Naslund was injured as the result of a bodycheck from Moore.

"(Crawford) knew or ought to have known that this was likely to result in injury to Moore," stated the documents filed by Bertuzzi.

The winger's claim stated that Crawford "failed to exercise control over" his players.

However, the coach's third-party defence states that "Crawford denies having provided any instructions to Bertuzzi that could reasonably have been interpreted by Bertuzzi in a manner that would have resulted in the attack that he ultimately made on Moore."

Bertuzzi was charged with assault and pleaded guilty.

None of the other allegations have been proven in court. Examination and mediation in the lawsuit is expected later this year.

TORSTAR NEWS SERVICE

Canada's World Cup dreams 'now or never' de Guzman says

When asked what gave Canada's national team an edge over the squads they'll face in the next round of World Cup qualifying, head coach Dale Mitchell chose diplomacy, electing instead to praise the overall quality of his team's next few opponents.

Houston Dynamo star Dwayne De Rosario was a little more specific, saying that among Jamaica, Honduras and Mexico — their opponents in the group stage of World Cup qualifying — the Canadian team's aggressiveness sets it apart.

But fellow midfielder and Scarborough native Julian de Guzman gave the most straightforward, and optimistic, assessment of the team, its quality and its prospects.

"It's the best team I've ever played with," said de Guzman, who plays for Deportivo La Coruna in the Spanish first division and was named the club's MVP last season. "It's now or never … If we can't (qualify for the World Cup) now, then we're never going to get it done."

Julian de Guzman, left, controls the ball as Ali Gerba, right, gives chase during the Canadian national soccer team's practice at BMO Field yesterday. Canada takes on Jamaica tomorrow.

After dispatching St. Vincent in June, Canada's qualifying odyssey for South Africa 2010 begins for real tomorrow night, when they open group play here against Jamaica.

Yesterday's two-hour session was one of just two the team will have before the game. With several key players missing and the remainder getting familiar with each other again, the practice started slowly, but Mitchell was impressed with how it ended.

"It took a while to get them going," said Mitchell, who in 1986 played on the only Canadian team to reach the World Cup. "(But) by the end of the session the ball was buzzing around."

TORSTAR NEWS SERVICE

Roughnecks sign two players

LACROSSE The Calgary Roughnecks announced yesterday the signing of forwards Curt Malawsky and Dane Dobbie to one-year deals.

In his first season with the Roughnecks last year, Malawsky tallied 44 points, including 22 goals and 22 assists in 15 games.

Forward Dane Dobbie was originally drafted in the first round of the 2007 NLL Entry Draft.

METRO NEWS SERVICES

Sports in brief

NFL The Chicago Bears announced yesterday that Kyle Orton will line up under center in the team's season opener Sept. 7 in Indianapolis. He beat out last year's starter Rex Grossman for the job.

Kyle Orton

NFL The Houston Texans announced yesterday that they have signed running back Marcel Shipp. Shipp, an eight-year veteran, was released by Arizona earlier this month.

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Some help for HIV patients
The side effects of AIDS drugs — including increases in belly fat, elevated blood pressure, and high triglyceride levels — are significantly reduced by very small doses of growth hormone, according to the results of a new trial. REUTERS

Health

The benefits of cocoa

Next time you have a chocolate craving, try reaching for something that provides more than just a sweet fix. Chocolate+Plus, a new brand exclusive to Shoppers Drug Mart and Pharmaprix, is a healthier alternative to the traditional chocolate bar snack. It is gourmet chocolate infused with calcium, probiotics and vitamins. The 50g bars are available in eight flavours and cost $2.49. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

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Transit riders thinner

Lower obesity rates in old neighbourhoods

CELIA MILNE
for Metro Canada

Ongoing research in Canada shows that people who live in the urban core (and who use public transit) are generally thinner than suburbanites.

"Our research shows that people who take public transit have lower obesity rates than those who drive," says Lisa Votta, a senior researcher at the Canadian Institute for Health Information in Ottawa. "They are getting some physical activity walking to the bus stop or the subway, as opposed to using cars."

This parallels new research at the University of Utah that shows people who live in newer neighbourhoods (built after 1950) are more likely to be obese than those who live in older, more walkable neighbourhoods. Researchers studied the heights and weights, as well as neighbourhood characteristics, of nearly half a million residents of Salt Lake County. Older neighbourhoods that are densely populated and more friendly to pedestrians were associated with lower rates of obesity than those where people mostly drove.

"Our research shows that people who take public transit have lower obesity rates than those who drive."
Lisa Votta, Canadian Institute for Health Information

For instance, a typical woman of average height (5'5") who lived in a walkable neighbourhood tended to weigh six pounds less than a woman living in a driving-oriented area. For men, the difference was 10 pounds. The Utah study noted that about 70 per cent of men and 61 per cent of women in the U.S. are overweight.

For each daily extra hour spent in the car, the likelihood of obesity is raised by six per cent, says Votta.

AARON LYNETT/TORSTAR NEWS SERVICE

New research at the University of Utah shows people who live in newer neighbourhoods (built after 1950) are more likely to be obese than those who live in older, transit-friendly neighbourhoods.

Health in brief

WATER'S CLEANSING POWER
Detoxification is the first step in any weight loss program. Drink at least eight to 10 glasses of filtered, distilled, or spring water each day. Add a few drops of fresh lemon juice to boost water's cleansing potential. Water also helps to curb the appetite. When you're hungry, drink a large glass of water first. Your hunger may disappear. Even if it returns, you'll be inclined to eat less at mealtime. ALIVE MAGAZINE

On the web

HineSight column
• Check out Anne Hines' humourous column this week online at metronews.ca.

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Bittersweet performance at V-Fest

The Verve defied rumours of another split after headlining the U.K. version of the Virgin Festival last weekend. During their set, the band combined new material from their forthcoming album Forth with a host of fan favourites including Bitter Sweet Symphony. MUSIC-NEWS.COM

Entertainment

Iran gig delayed

A Chris de Burgh concert set for Iran this fall has apparently hit a snag, with the country's Culture Ministry denying it has granted authorization, CBC reports.

METRO NEWS SERVICES

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Snakecharming the masses

Montreal rockers The Stills drop new album following McCartney opening gig

IAN NATHANSON
for Metro Canada

Midway through a recent concert from The Stills, several masked drummers joined the group onstage to add extra percussive oomph to a new tune called Snakecharming the Masses.

Was this foretelling a bold conceptual direction for the Montreal rockers' third album, Oceans Will Rise, on which the song appears?

"We have some good friends who belong to an art group," Stills singer/guitarist Tim Fletcher explains. "When we asked them to come up on stage with us, they brought these masks and hoodies with them and said, 'All right, we're gonna dress up like tribal terrorists and hit some drums.' "

Ambitious indeed. Other than a YouTube video, the song had yet to fully reach a mass audience.

Then again, The Stills have some previous experience snakecharming the masses, albeit under different musical circumstances. Featured in Rolling Stone and as one of MTV's Ten Artists To Watch in 2003, the group's full-length debut, Logic Will Break Your Heart, drew raves for its '80s dark new wave and comparisons to Echo & The Bunnymen and Joy Division.

But by 2006's Without Feathers, The Stills veered towards more peppier, sparse classic rock. Internally, guitarist and founding band member Greg Paquet left, drummer Dave Hamelin switched to guitar and touring keyboardist Liam O'Neil and drummer Julien Blais were eventually added as permanent members.

The Stills' new album Oceans Will Rise was released today.

"The first two records were us being thrown into this new world that, with our own neuroses, was tough to understand and get comfortable with at first," Fletcher says. "Now, as a band, we're much more comfortable together."

Still, more changes ensued: A label move from Vice Records to Arts & Crafts and another musical shift towards ambitious indie rock. Neither, however, could have prepared Fletcher, Hamelin, O'Neil, Blais and bassist Olivier Corbeil for their next shot.

The aforementioned recent concert was a July show in Quebec City to mark the city's 400th birthday. The Stills performed in front of some 250,000-plus people as warm-up acts for the evening's headliner — Paul McCartney.

"We kept hearing about it before we knew we were confirmed to take part," Fletcher says. "None of us believed it was going to happen. But once it was confirmed, we all went, "Oh … My … God! We've got a week to get this together.

"We've played to thousands of people before, but nothing quite like that. It took about a week-and-a-half afterwards for that experience to wear off."

> **"The first two records were us being thrown into this new world that, with our own neuroses, was tough to understand and get comfortable with at first."**
> Tim Fletcher

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Lily Allen blames label for delay of upcoming album

Lily Allen

MUSIC Lily Allen has blamed changes at her record company, EMI, for the delay in releasing her second album, BBC News Online reports.

Writing on her blog, Allen said her album had "been finished for a while now" and admitted she did not "really know what's going on with it."

Nearly 2,000 jobs were lost after EMI was bought by private equity firm Terra Firma last year. Allen said she hoped the new album would be out soon.

"The record industry is a very political place at the moment," Allen wrote on her website. "Lots of people have been fired or have taken redundancy recently as the company (EMI) was taken over . . . Many of these people were people assigned to my projects and now I don't quite know what's going on."

METRO NEWS SERVICES

Reunited Squeeze not recording

MUSIC Although Chris Difford and Glenn Tilbrook, the principals of English pop-rock band Squeeze, have reunited and will soon embark on a U.S. tour, they have no plans for a new Squeeze album.

"No, we're not kind of talking about any of that for the time being," Difford told Billboard.com "Glenn's got a solo record coming out very soon, and I've just had a solo record come out ('The Last Temptation of Chris'), so … (Squeeze) is kind of like the mothership, and we're satellites that go off."

REUTERS

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Zombies sans clothes
Sony Pictures will release Zombie Strippers on DVD & Blu-ray this Oct. 28.
The horror comedy stars Robert Englund and Jenna Jameson, right. METRO NEWS SERVICES

DVD picks

Brand Upon the Brain!

Director: Guy Maddin
Stars: Gretchen Krich, Maya Lawson
Rating: 14A

THIS BEING a Guy Maddin movie, we have to take the exclamation point seriously. Not solemnly, mind you, but seriously. The prairie visionary means business with that punctuation mark — watching a Maddin film is like being hit by lightning.

You'll still have a good time, if you're in the right frame of mind.

So even though this wondrous "Remembrance in 12 Chapters" has a peeping mom, a brain-drilling mad scientist dad, a cross-dressing detective, a satanic feral child, and occasional bouts of nudity, cannibalism, womb-robbing and hands-free hormonal activity, there's no reason to be frightened. Much. It's a combination of Grand Guignol freakout, Expressionist horror, Nancy Drew/Hardy Boys detective fiction and tender childhood reminiscence — if your childhood happened to be in a remote lighthouse orphanage where mom bathed in turpentine and sounded her "Horn of Chastity" while dad did unspeakable things in the basement.

Ariadne auf Naxos

Conductor: Christoph von Dohnányi
Stars: Emily Magee, Elena Moşuc

THINK OF THIS as an operatic version of Jean-Paul Sartre's No Exit, a purgatory where all the characters face difficult truths about themselves, in strange and funny ways.

Real-life composer Richard Strauss and librettist Hugo von Hofmannsthal lived their own ironic torment as their sprawling fusion of comic theatre (Molière's Le bourgeois gentilhomme) and serious opera (about Ariadne, lone and lorn on an island) was born.

TORSTAR NEWS SERVICE

They might be onto something here

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

FOREVER YOUNG: The latest transatlantic TV sensation is Skins, the very controversial comic drama featuring a cast of real teens hooking up and getting wasted that BBC America is currently featuring in one big block collecting its first two seasons.

It's a good move, because it gives some substance to remarkably brief British TV seasons (Skins' first season is only 9 episodes long, the second an epic 10), but because virtually the whole of the cast was replaced for the upcoming season three, a move that the show's creator says is intentional.

"Our show is for young people," Bryan Elsley told the New York Times.

"We want our actors to be the same age as not only the characters they're playing, but the same age as our audience.

So that means once they reach the age of 18, 19, they can't be in the show anymore.

"Our thesis is that it's going to keep our show fresh."

As someone who's frequently advocated a legal requirement for rock bands to break up after two albums, and an outright ban on movie sequels, this is as good an arbitrary rule as anyone's ever made on television. A judicious application would have saved us from a hundred concept albums, Godfather III and NBC's Joey.

AIN'T GOT NO HOME: One of the biggest human interest stories at the beginning of the summer was the dire straits that former Johnny Carson sidekick Ed McMahon had landed in — massively in debt and about to lose his Beverly Hills mansion due to bad investments, an injury that had prevented the 85-year-old from working and, it was rumoured, too many credit card shopping sprees by his younger wife, Pamela.

Donald Trump comes to Ed McMahon's rescue.

Last week, though, the Los Angeles Times reported that none other than Donald Trump had come to McMahon's rescue, buying the home that McMahon had originally put on the market two years ago for $7 million US for the low, low price of just $4.6 million.

"I don't know the man, but I grew up watching him on TV," Trump told the Times, who reported that he's leasing the property back to McMahon for an undisclosed sum.

The deal took place after McMahon's real estate agent flew to New York to make a personal appeal to Trump.

"When I was at the Wharton School of Business," Trump told the Times, "I'd watch him every night. How could this happen?"

An odd but undeniable act of charity, obviously, but you have to wonder about the downsides to having Trump as your landlord; given the real estate mogul and reality TV impresario's markedly baroque taste in home furnishings, as showcased on his Trump Tower apartment during episodes of The Apprentice, McMahon might find himself living in the pool house every now and then as workers put wall-sized mirrors and ormolu sideboards in the TV room, or cover the pantry with marble and gilt-framed paintings of frolicking cherubs.

Rick McGinnis writes about music, movies, books and television, but not opera.

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CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/19/08	267	351	- ACCESS	Law & Order: Criminal Intent		Landed: Lives in Canada		Ext. Evidence	I, Detective	Wanna Bet?		Help TV
	243	317	3 CFCN	TMZ (N)	Jeopardy!	Canadian Idol	The Hills (N)	Without a Trace		Law & Order: SVU		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wipeout		(10:02) Wanna Bet?		Primetime-Med
	245	306	6 CBRT	(4) XXIX Summer Olympics (HDTV) (Live)						XXIX Summer Olympics (HDTV) (Live)		
	244	338	7 CICT	ET Canada	Entertainment	In Plain Sight (N)		Wipeout		Big Brother 10 (N)		News Hour
	246	-	8 CKAL	Friends	Friends	Reaper		Hell's Kitchen		Reaper "Greg, Schmeg"		Your City
	119	705	9 CBXFT	Chine	La Zone olympique (N) (SC)			Le Téléjournal	Les XXIXe Jeux Olympiques d'été (HDTV)			
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	Friends	Scrubs	NCIS "Dog Tags" (HDTV)		Big Brother 10 (N)		Without Trace
	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (DVS)		Wild! Strategies of the chimp.		Wide Angle (N)		Healing Words:
	502	390	15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Bangkok Girl
	-	370	16 KHQ	News	Raymond	Jeopardy!	Wheel-Fortune	XXIX Summer Olympics (HDTV)				
	-	373	22 KAYU	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	House "The Right Stuff"		Sarah Connor Chronicles		News (N)
	297	652	37 WPIX	Reaper "The Leak"		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	Frasier
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	(4:30) XXIX Summer Olympics (HDTV) (Live)				SportsCentre		Boxing Joshua Clottey vs. Zab Judah.		
	408	418	27 net	MLB Baseball		Sportsnet Connected		World Combat League		Sportsnet Connected		Best-Sports
	410	403	30 SCORE	Football Factories		Score Tonight		Stump-Schwab	Poker: Canadian Open		Score Update	Score Update
	411	457	44 OLN	Angry Planet	Surf Patrol	Adventures	Strand-Peters	Pilot Guides		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips		Low Life
family	552	543	20 YTV	Drake & Josh	Prank Patrol	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Naturally Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	6teen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	*Armitage: Dual*
cable variety	575	583	11 CMT	Reba	Hope & Faith	Home Improve.	Roseanne	CMT30 "Dauphin 2008"		Reba	Hope & Faith	Home Improve.
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	'70s Show	E! News	Real Housewives		Simple Life	Kardashians	Pam: On Loose	Sunset Tan (N)	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	House	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked
	521	560	24 TLC	Mystery Diagnosis		Dr. G: Medical Examiner		Can't Stop Growing		Mystery Diagnosis		Med. Examiner
	603	561	25 FOOD	HEAT-McEwan	HEAT-McEwan	Top Chef		Restaurant Makeover		Iron Chef America		HEAT-McEwan
	615	520	26 A&E	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 "Memphis"		The First 48
	617	522	32 SHOW	Trailer Park	Billable Hours	ReGenesis (HDTV)		Blue Murder		Trailer Park	Kenny-Spenny	*Eyes Wide Sh*
	601	562	33 SLICE	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed	In Laws	Shear Genius		Plastic-Perfect
	-	633	34 ENC2	*Housesitter*	(7:20) *National Lampoon's Last Resort* ★			*Defending Your Life* ★★★ (1991, Comedy) Albert Brooks.				*Four Seasons*
	520	505	35 DISC	Mighty Ships "Tregurtha" (N)		Deadliest Catch (N)		Daily Planet		Mighty Ships "Tregurtha"		Deadliest
	620	523	36 BRAVO	*Cry Baby*	McLauchlan	Live at the Rehearsal Hall		Law & Order		Without a Trace		Entourage
	294	650	40 WPCH	MLB Baseball: Braves at Mets		Family Guy	Family Guy	Seinfeld	Frasier	*Once Upon a Time in Mexico* ★★ (2003)		
	626	547	41 COM	Laughs	Comics!	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.
	-	539	42 TCM	*Locked Door*	*The File on Thelma Jordan* ★★★ (1949)			(9:15) *Witness to Murder* (1954, Mystery)			(10:45) *Crime of Passion* ★	
	628	584	43 SPIKE	*Star Wars: Episode II -- Attack of the Clones* ★★ (2002, Science Fiction) Ewan McGregor.						CSI: Crime Scene Invstgtn.		Trek: Voyager
	522	516	45 HIST	Disaster-Cent.	Masterminds	NCIS "Bloodbath"		Digging for the Truth		Finding the Fallen		NCIS
	627	528	46 SPACE	Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1 (DVS)		Star Trek: Voyager		Star Trek: Ent.
	-	-	47 AMC	(6) *Project X* ★★ (1987, Drama)			*History of the World: Part I* ★★ (1981, Comedy)				Mad Men	
	619	525	49 TROP	Tube Tales	Vanity Insanity	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes on Homes		Dirty Business	Outside	Colin-Justin
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Taking Stock		Market Call		Business News		Market Call	Workopolis TV	Taking Stock
	526	507	92 CLT	Psychic Detect	Ext. Evidence	Traders		The West Wing		Psychic Witness		Psychic Detect
	269	350	93 APTN	First Talk	News	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears	Circle
	-	-	94 MCP	(6:30) News	News	The Land	Daughters-Law	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Listed "20 Dirty Ditties"		Hogan Knows	Hogan Knows	Listed "20 Dirty Ditties"		All Access		Hogan Knows
	570	580	101 MM	America's Best Dance Crew		Instant Star	Instant Star	Gone Wild	Gone Wild	America's Best Dance Crew		Dance Crew
	581	566	102 MTV	Making the Band 4 (N)		From G's to Gents (N)		MTV Live	After	Run's House	Run's House	G's to Gents

critics' corner

Without a Trace
Even heroes have secrets. In "Driven," the team investigates the disappearance of a tow truck driver who was praised as a hero for saving a boy from being hit by a bus. It turns out he's been trying to make up for a tragedy in his past. Speaking of pasts, Sam (Poppy Montgomery) isn't pleased when Jack (Anthony LaPaglia) digs up some dirt on her baby's father (Adam Kaufman). Linda Hunt guest stars as an FBI psychiatrist counseling Jack. 11 PM on KREM

NCIS
Bad dog — or is he? When a dog mauls a person, with fatal results, Abby (Pauley Perrette) believes with all her heart that the animal is innocent, and she'll risk her own career to clear him and keep him from being put down. Gibbs (Mark Harmon) comes closer to learning Jenny's (Lauren Holly) secret. Michael Weatherly and David McCallum also star in "Dog Tags." 9 PM on KREM

How mother of three got Housewives' role

Felicity Huffman landed her role in Desperate Housewives in a shocking audition when she complained about the pitfalls of motherhood, stunning casting directors. IMBD.COM

Celebrity Buzz

Barr bashes Brangelina

BLOG Roseanne Barr says Angelina Jolie is "evil" and her hubby Brad Pitt "vacuous," tmz.com reports.

Roseanne went insane on her blog, scoffing that Jolie likes Republican presidential candidate John McCain but hasn't decided whom to endorse.

Roseanne rants, "Do you not know that the African daughter you hold in every picture had parents who suffered and died because of the Republican Party's worldwide economic assault on Africa?"

She also mentions two of the other kids are Vietnamese and Thai (actually Maddox is Cambodian), saying their real families are "victims of America's right-wing military incursions."

Roseanne goes on to claim that Brad brings in $40 million US a year in violent, psychopathic films and gives away a relatively paltry $3 mil "to starving children trying to look as if they give a crap about humanity."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Phil's bills: Love costly for Collins

DIVORCE The third time was certainly not the charm for Phil Collins, who's facing yet another pricey divorce, People.com reports.

After six years of marriage and two children, the musician's former wife, Orianne Cevey, 35, has received $46.76 million US from Collins, 57, reports Britain's Daily Mirror. The record settlement tops by some $2 million what Paul McCartney gave Heather Mills earlier this year.

Collins is no stranger to expensive breakups. Second wife Jill Tavelman received $34 million after he ended their relationship by fax in 1994.

In all, according to a Daily Telegraph tally, Collins's divorces have cost him $84 million — nearly a third of his estimated $280 fortune. Collins and Cevey met on tour in 1994 while she was working as a translator. Their children are Nicolas, 8, and Matthew, 4.

Collins also has three other children: Lily, from his marriage with Tavelman, and Simon and Joely, from his first marriage – to Canadian-born Andrea Bertorelli. That union ended in 1979.

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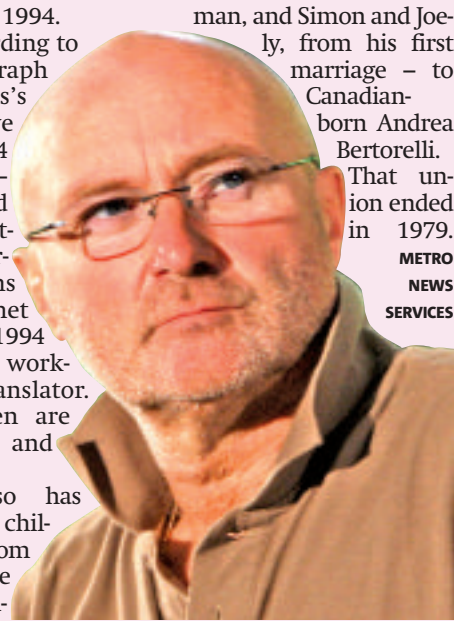


celebrity brief

Madge's li'l bash

BIRTHDAY Madonna celebrated her 50th birthday Saturday at London club Volstead. "It was a small party," a source confirms to People.com. "A private event for her close family and friends. It was low key."

The elaborate bash was organized by her husband Guy Ritchie. Highlights of the evening included Madonna's daughter Lourdes serenading her on piano and illusionist David Blaine performing card tricks.

METRO NEWS SERVICES

celebrity brief

Paltrow draws PETA's wrath

FUR Gwyneth Paltrow is the latest celebrity to feel the wrath of anti-fur campaigners, femalefirst.co.uk reports. The actress has angered PETA by appearing in the campaign for Tod's latest collection wearing fur-lined boots and promoting animal-skin bags, despite being a vegetarian.

PETA have criticized Gwyneth for setting a terrible example by taking money for the advert: "Gwyneth Paltrow won't be the apple of her daughter's eye if she continues to flaunt fur," said a PETA spokesperson.

METRO NEWS SERVICES

Kardashian a techno whiz

PERFORMANCE Kim Kardashian gave her boyfriend a sneak preview of her routine with the Pussycat Dolls via webcam, femalefirst.co.uk reports.

The curvy socialite was so keen to find out what lover Reggie Bush thought of her sexy outfit and raunchy dance moves that she put on a private showing for him ahead of her live performance with the dance troupe in Las Vegas last Friday night.

She said: "I did iChat with Reggie and I had my costume on for his approval. I did my whole dance for him when I was practicing. He thought it was so cute. He said, 'Please videotape it so you can send it to me right after.'"

Following the performance, Kim said: "My first part of the show started off in the bathtub in the middle of the club in a vintage, all-sequin, one-piece bathing suit with puff sleeves and a beach ball! But my second look was my favourite! A white bedazzled sailor suit. It even had a Kim patch on the sleeve! It went amazingly well and was the best experience ever!"

METRO NEWS SERVICES

celebrity brief

Avril is just 'too sexy' for some Malaysian politicians

MUSIC The major opposition party in Malaysia wants to stop Avril Lavigne's concert in Kuala Lumpur later this month because, as they put it, "It is considered too sexy for us ... we want clean artists."

Tmz.com reports that Malaysia mandates all performers be covered from chest to knees. Jumping on stage is verboten.

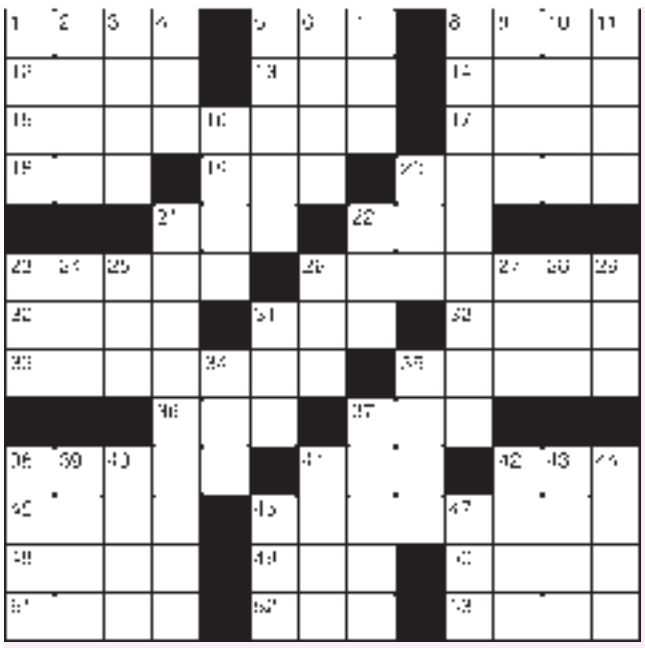
METRO NEWS SERVICES

Lennox in recovery

Annie Lennox has had successful spinal surgery for a back injury she sustained in Mexico while attending this month's International AIDS conference, people.com reports.

METRO NEWS SERVICES

Take Five



Crossword down

1 Quail group
2 On the briny
3 Quest for adventure
4 Pair on stage
5 Long-legged shorebird
6 Thrill
7 Verily
8 Truthful
9 Beyond eager
10 Farmer's wife's quarry
11 Trudge
16 Requirement
20 Write in the margins
21 Burlingtonian, e.g.
22 Pooch
23 Golfer Ernie
24 Kitten's remark
25 Arthur of "The Golden Girls"
26 Pie ingredient?
27 Sceptre topper
28 Beak
29 Sauce source
31 Lustrous black
34 Prize-fighter
35 KFC flavorer
37 Tales
38 Impale
39 Unrivaled
40 Greek vowel
41 Laborer
42 Zetas' followers
43 Showbiz jobs
44 Leave out
46 Compete
47 Intensify, with up

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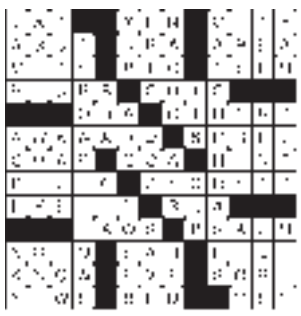
Crossword across

1 Hairless
5 The air up there
8 Improvise
12 Birthright barterer
13 Neckwear
14 Satan's specialty
15 Archie's brunette girlfriend
17 Puerto —
18 Tibetan bovine
19 Moose's cousin
20 Blasé
21 Animal treater
22 Happy companion?
23 Enclose tightly
26 Gestures
30 Ogler's look
31 Moonshine container
32 Sandwich cookie
33 Overwhelmed
35 Spouse
36 Chic no longer
37 "Of course"
38 David's weapon
41 Standard
42 "I" strain
45 Horn sound
46 Not paraphrased
48 Initial chip
49 Charged bit
50 Crèche visitors
51 Tolerate
52 Type measures
53 "Hey, you!"

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
There'll be a meeting to discuss property. Think fast at a job site. A recent change will become beneficial.

TAURUS
APRIL 21-MAY 21
Indulgence in leisure activities is delayed. A friend introduces a helpful person. Meet with others to deal with bullying.

GEMINI
MAY 22-JUNE 21
Details will be misunderstood. Be attentive to people's feelings and all will be well. Questions about health and family will crop up.

CANCER
JUNE 22-JULY 22
Policy changes can bring relief. Seek out a miracle and take responsibility. The grass isn't greener anywhere else.

LEO
JULY 23-AUG 23
Don't create chaos at a gathering. Delight develops when you indulge in music. Grant a request as soon as possible.

VIRGO
AUG 24-SEPT 22
Join a group that supports your interests. A troubled person will ask for help. A dream will cause revamping of your plans.

LIBRA
SEPT 23-OCT 23
Triumphing over your workload will satisfy you. Someone wants sympathy for a lost cause. A buddy needs funds to do good deeds.

SCORPIO
OCT 24- NOV 22
Don't be a fool for love. Put off telling someone about a realization. A woman carries out a nefarious plan.

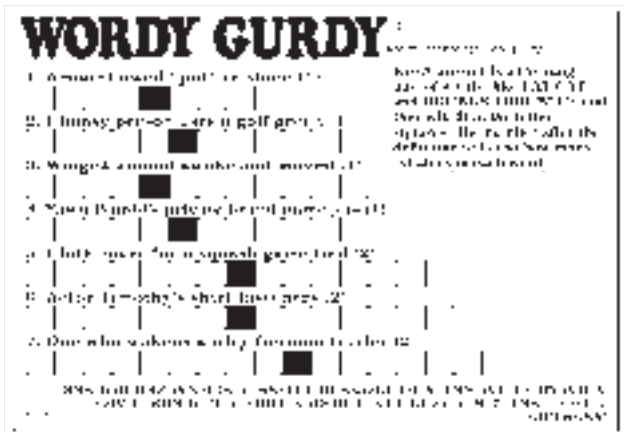
SAGITTARIUS
NOV 23- DEC 21
Money will be discussed with a frosty person. Ask discreetly about the reasons for a breakup. Brave words will be spoken.

CAPRICORN
DEC 22-JAN 20
A housemate will change plans. An ambiguous experiment will have good results. Poor work habits will give rise to a lecture.

AQUARIUS
JAN 21-FEB 18
Save yourself from anxiety. Don't play the heavy with a buddy. Avoid stimulating activities or you won't get to sleep.

PISCES
FEB 19-MAR 20
A passionate debate with a loving person leads to goodwill. Be very clear when giving advice. A boy will take a risk by sleeping in.

WORDY GURDY



This day in history

AUG. 19, 1692: Salem witch trials: In Salem, Mass., five people, one woman and four men, including a clergyman, are executed after being convicted of witchcraft.
AUG. 19, 1919: Afghanistan gains full independence from the United Kingdom.
AUG. 19, 1960: Sputnik program: Sputnik 5 — The Soviet Union launches the satellite with the dogs Belka and Strelka, 40 mice, 2 rats and a variety of plants.

METRO NEWS SERVICES

Sudoku

	4				1		6	3
		6			5	9		
								4
4	6		9			1		
5			7		3			2
		7			6		8	5
6								
		3	5			7		
9	2		8				1	

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	7	8	1	6	3	4	9	2
1	9	3	4	2	5	8	7	6
4	6	2	9	8	7	1	5	3
9	4	7	3	1	2	5	6	8
2	8	1	5	7	6	9	3	4
6	3	5	8	9	4	2	1	7
8	1	6	2	3	9	7	4	5
3	2	4	7	5	1	6	8	9
7	5	9	6	4	8	3	2	1

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

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Calgary weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
60%			40%	
Thunder-storms. 25°	Partly cloudy. Low 14°	Sunny. 25°/ 11°	Showers. 18°/ 10°	Partly cloudy. 20°/ 6°

Temperature
Normals
High: 22.7°
Low: 7.7°

Records
High: 32.2°/1897
Low: 0°/1939

Sunrise: 6:29 a.m.
Sunset: 8:48 p.m.
Moonset: 9:58 a.m.
Moonrise: 9:30 p.m.

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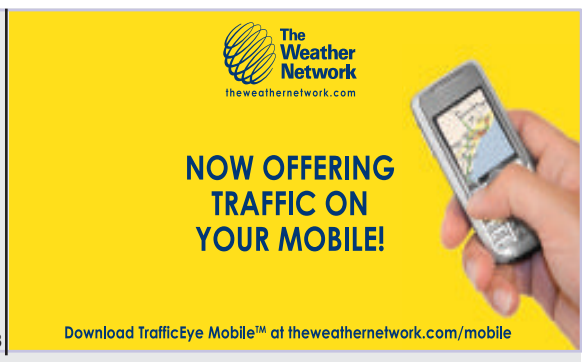

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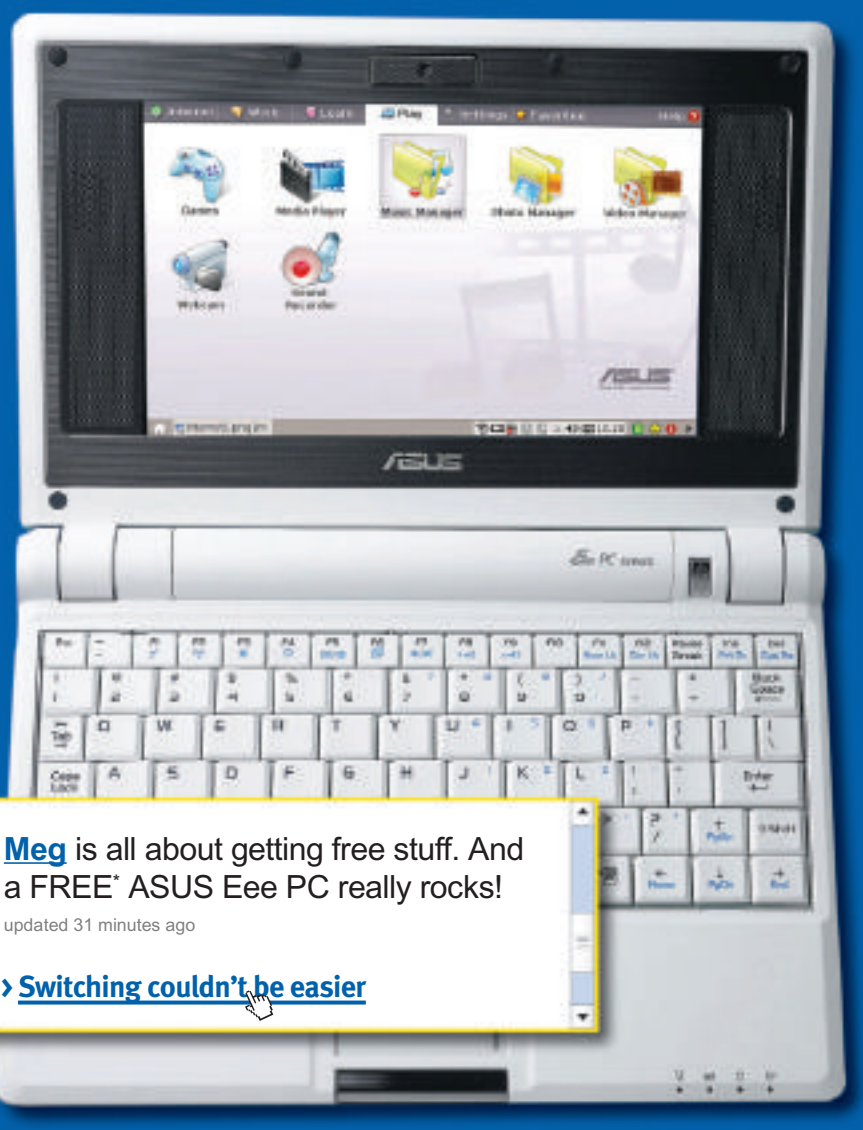
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